



### ***Omelet Pre-Mix***

Ingredients	Amount
Shallots/ Red Onions	1 C sliced
White mushrooms	3 C sliced
Green/Red/Yellow (sweet) Peppers	3 C sliced
Olive oil	1 TBS
Black pepper	2 tsp (more if you like spicy)
Coconut Aminos	1 TBS
Coriander seed powder	1 TBS
Thyme (dried herb)	2 TBS

### ***Preparation***

- Wash all vegetables and dry on a kitchen towel.
- Slice all into thin slices.
- Pre-heat a large pan on medium-high
- Add olive oil after the pan is heated.
- Add onions first, mix and cover.
- Once the onions are partially cooked, add mushrooms, coconut aminos, spices/herbs, cover for 1-2 minutes or until mushrooms are golden brown.
- Add peppers last, mix with the rest, lower heat to low-medium and cook for 4-5 minutes.
- Add fresh to eggs OR egg whites for omelet OR
- Store in the fridge for up to 4-5 days.

# Nutrition Facts

Servings 6.0

## Amount Per Serving

calories 55

### % Daily Value \*

<b>Total Fat</b> 3 g	<b>4 %</b>
Saturated Fat 0 g	<b>2 %</b>
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 19 mg	<b>1 %</b>
<b>Potassium</b> 247 mg	<b>7 %</b>
<b>Total Carbohydrate</b> 7 g	<b>2 %</b>
<b>Dietary Fiber</b> 2 g	<b>8 %</b>
<b>Sugars</b> 3 g	
<b>Protein</b> 2 g	<b>4 %</b>
Vitamin A	<b>19 %</b>
Vitamin C	<b>183 %</b>
Calcium	<b>2 %</b>
Iron	<b>4 %</b>